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Derek Schwager • Feb. 9 • Belleville
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INSIDE JOKES

VANITY FAIR QUESTIONED WHETHER THERE IS SUCH A THING AS CANADIAN HUMOUR — BUT THAT WAS BEFORE MARTIN SHORT NAILED IT AT THE CANADIAN SCREEN AWARDS

PAGE 15

A forum for black dads

Founder of Toronto support group Black Daddies Club wants to help debunk stereotypes and improve family services PAGE 3

See Spot preserved

A Missouri taxidermist is painstakingly preserving the family pet for thousands of dollars. It's the least a best friend can do PAGE 11

NEWS WORTH SHARING.

Baby born with AIDS virus seems to be cured: Docs

Treatment. Fast action apparently knocked out HIV in the child's blood before it could form hideouts in the body

A baby born HIV-positive appears to have been cured, scientists announced Sunday, describing the case of a child from Mississippi who's now two and a half and has been off medication for about a year with no signs of infection.

There's no guarantee the child will remain healthy, although sophisticated testing uncovered just traces of the virus' genetic material still lingering. If so, it would mark only the world's second reported cure.

Specialists say Sunday's announcement, at a major AIDS meeting in Atlanta, offers promising clues for efforts to eliminate HIV infection in children, especially in AIDS-plagued African countries where too many babies are born with the virus.

"You could call this about as close to a cure, if not a cure, that we've seen," said Dr. Anthony Fauci of the National Institutes of Health, who is familiar with the findings.

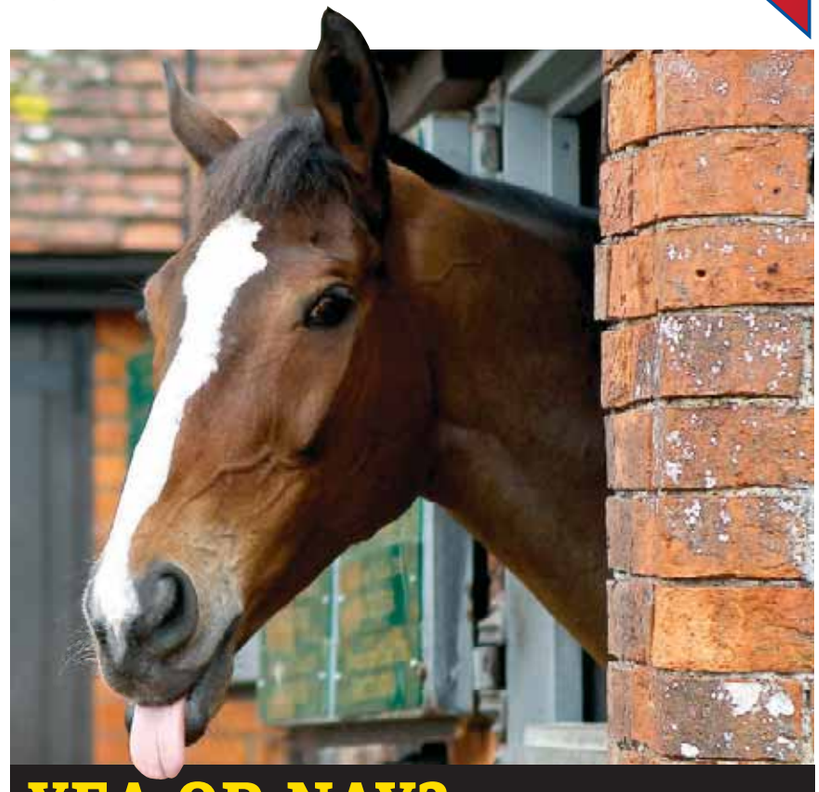
A doctor gave this baby faster and stronger treatment than is usual, starting a three-drug infusion within 30 hours of birth. That was before tests confirmed the infant was infected and not just at risk from a mother whose HIV wasn't diagnosed until she was in labour.

"I just felt like this baby was at higher-than-normal risk, and deserved our best shot," Dr. Hannah Gay, a pediatric HIV specialist at the University of Mississippi, said in an interview. THE ASSOCIATED PRESS

Inspiration

"This will likely inspire the field, make people more optimistic that this is possible."

Dr. Steven Deeks of the University of California, San Francisco, adding that the news suggests scientists should look back at reports of possible cures in children in the late 1990s that were dismissed at the time.



YEA OR NAY?

Despite — or because of — Europe's fury over finding horsemeat in products labelled as beef, many Canadians are busy looking up horsemeat recipes. Metro takes a look at Canada's taste for horse, and tries to find out why some species are deemed suitable for our plates: pages 8-9. GETTY IMAGES/FILE

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Overstayed welcomes?

Torontonians back council term limits: Poll

Most city councillors are unwilling to limit their time in office, but Torontonians love the idea of giving them a political shelf life.

A Forum Research poll of 876 Torontonians conducted last Tuesday to Thursday revealed strong support for council term limits.

Some 61 per cent support a term limit for mayor, while slightly fewer respondents, 58 per cent, support ending the days of career councillors.

The margin of error in the poll is three percentage points 19 times out of 20.

"Politicians always say the best term limit is an election, but Torontonians don't appear to agree," said Forum Research president Lorne Bozinoff. "They want their mayor and councillors gone by a specified best-before date."

Respondents were asked if they approve or disapprove of term limits, but given no specific time frame.

Coun. Mary-Margaret McMahon has been fighting to get council to impose a three-term limit, a total of 12 years, saying regular turnover would guarantee fresh ideas.

"Levelling the playing field in municipal elections is essential and will attract a more diverse array of candidates," McMahon said, adding that incumbency brings a big advantage.

McMahon's bid at the last council meeting for a city staff report on the topic was defeated 28-16. It now moves to Mayor Rob Ford's executive committee.

TORSTAR NEWS SERVICE

Mom and baby bust some moves at annual fundraiser

Katy Livingstone strikes a yoga pose with her three-month-old, Colton, at the Power of Movement fundraiser at Ryerson University. The event, which drew roughly 250 people, was held for arthritis and autoimmune-disease research. Throughout the day, yoga mega-sessions took place in 14 cities across Canada. Now in its seventh year, Power of Movement has raised more than $1.3 million benefiting the 4.6 million Canadians who live with arthritis and autoimmune diseases. KEITH BEATY/TORSTAR NEWS SERVICE

Figuring out fatherhood

Black Daddies Club. Founder of support group that aims to empower black fathers has $50K grant from city for data project

Brandon Hay wants black-daddy data.

The founder of the Black Daddies Club — a support group for black fathers that he started in 2007 — had his application approved last summer for a $50,000 grant from the City of Toronto's Access, Equity and Human Rights Investment program.

Quoted

In Canada "I definitely think we are ahead of a lot of places. But we're definitely not where we want to be."

Black Daddies Club founder Brandon Hay

The application met all the city's criteria for funding, says Denise Campbell, director of community resources for the City of Toronto. There's a distinct "knowledge gap" about black fathers in the city and this project could help fill that gap and "create better services for black fathers and their families," says Campbell.

Stereotypes are something facing all black fathers, says Hay, who's married and the father of three sons, Elijah, 6, Julian, 8 and Tristan, 10. "There's the stereotype that we don't exist, that we don't want to play a role."

Through BDC, Hay has organized innumerable events throughout the city, sometimes at popular gathering spots like barbershops, where men can feel comfortable talking and sharing their experiences. He's held adult-only forums, with tough topics like "Monogamy: is it relevant?" and organized events where dads and their kids can play and network for support.

Hay, 33, felt there was a need to get data on black dads in Canada and the issues facing them. He wants to "take out the guesswork" and believes a transition is underway in society about the role of black fathers. Even the attention the Black Daddies Club has engendered is indicative of this.

"I don't think that an agency like Black Daddies Club would have gotten as much attention in my dad's or granddad's period."

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Yarn-bombing. Crocheted hearts on city street bring burst of colour, questions

It's the mystery of the hearts on Ossington Avenue. Next to the crosswalk buttons at Essex Street dangle small pink crocheted hearts and a purple one hangs from a hulking light pole — little bursts of welcome colour in a drab wintery streetscape.

On a Sunday afternoon, none of the passersby knew anything about the hearts. A man on his front porch, just a short stitch from the playful objects, could only shrug.

What was the knitter's intent? Perhaps it was simply whimsy, a chance to make someone smile. Or maybe there's a sadder message about romance gone rotten — each heart has a hole in the middle.

"The hole doesn't have any meaning. It's just structural," says Haley Waxberg, owner of the Bathurst Street yarn shop Knitomatic, after seeing a photo of one of them. "I think they're adorable, very sweet, very innocent. And it's a good use of wooden poles."

The Ossington hearts are an example of yarn-bombing, a sort of grandmotherly graffiti. Public spaces are brightened with knitted items or objects such as signposts and statues are wrapped in colourful yarn. Waxberg once knitted a "sweater" for a telephone pole. Near Bloor Street and Dovercourt Avenue this winter, someone knitted a yellow cover for a pay phone receiver. TORSTAR NEWS SERVICE

Several small, knitted hearts were left on poles at the corner of Ossington and Essex in the city's west end. It is unknown who knitted the treasures and why they were left there. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Alcohol a likely factor

Man rescued after dare goes bad

Firefighters had to free a 24-year-old partygoer who entered a safe on a dare and got stuck for about 30 minutes.

Police and other first responders gave conflicting answers about the size of the vault, one described it as "very large" and the other said it was small, but both said alcohol had likely been a factor.

The party took place at a vacant store on Queen Street West near Duncan Street. After cutting the man out shortly before midnight Saturday, police confirmed he was "safe" and sound and didn't require medical attention. TORSTAR NEWS SERVICE

50 Shades of Grey gives North York shop a boost

Popularity. The trilogy has brought bondage and sadomasochism into mainstream culture and one local businesses is liking it

Anna Giaouris, co-owner of Northbound Leather at 586 Yonge St., holds a two-tone Red and White Riding Crop ($19.00) on Feb 14. A store in North York has seen sales of riding crops double during the past year or so, in conjunction with the popularity of the Fifty Shades trilogy of novels. DAVID COOPER/TORSTAR NEWS SERVICE

Feeling strangely sadomasochistic these days?

It turns out you're not alone.

Just ask Concetta Tucciarone, manager of the Greenhawk Harness & Equestrian Supplies store in North York, where sales of riding crops have mysteriously doubled during the past year or so.

The question is: why? And the answer, apparently, has nothing to do with horses but owes everything to a sexually adventurous university student named Anastasia Steele and her dark, brooding passion for the mysterious young entrepreneur Christian Grey, "a man who is beautiful, brilliant and intimidating."

Plus: pretty handy with a riding crop.

This is a story about pain, pleasure and equestrian goods.

Steele and Grey, as many readers know already, are the central characters in the decadent Fifty Shades trilogy of novels, a chart-topping publishing phenomenon penned by British writer E. L. James, a woman who has brought bondage and sadomasochism — and riding crops — into the North American cultural mainstream.

In the process, James and her oeuvre have also goosed sales of these slender, sting-inflicting instruments of discipline at the North York Greenhawk store. "It's funny you should ask that," Tucciarone told the Star the other day.

"We have this conversation all the time."

By "we," Tucciarone means the sales staff at the Greenhawk shop, which is located on a particularly upscale commercial stretch of Avenue Road known locally as The Avenue.

"We've definitely seen an increase."

TORSTAR NEWS SERVICE

A different story elsewhere

Outside Toronto, the story is different, at least when it comes to tales of fetish-inspired commercial activity at shops that also sell jodhpurs and horse blankets.

- "We have not noticed an increase at all," says a sales clerk at the Picov's Horsemen Centre in Ajax, who identifies herself only as Diane. "I guess in Durham Region, they're not aware of those books."
- The same seems to be true at the Equine Emporium in Mississauga. "Generally, we just sell to riders," says sales clerk Jennifer Babos.
- Ditto Carmen Griscti, owner of Baker's Harness and Saddlery in Markham hasn't detected a recent spike in riding-crop sales, either.

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Brooklyn. Expectant parents die in car crash – but unborn baby survives

A pregnant woman who was feeling ill was headed to hospital with her husband early on Sunday when their car was hit, killing them both — but their baby boy was born prematurely and survived, authorities and a relative said.

The driver of a BMW slammed into the car carrying Nachman and Raizy Glauber, both 21, at an intersection in the Williamsburg neighbourhood of Brooklyn, said Isaac Abraham, a neighbour of Raizy's parents.

A crowd gathers for funeral services. VERENA DOBNIK/THE ASSOCIATED PRESS

Raizy was thrown from the car, and her body landed under a parked tractor-trailer, witnesses said. Nachman was pinned in the car, and emergency workers had to cut off the roof to get him out.

Both were pronounced dead of blunt-force trauma at hospital, according to the medical examiner.

Their infant son was in serious condition, Abraham said. The hospital did not return calls about the child, but police said the Glaubers' driver was in stable condition. The driver of the BMW and a passenger fled and were being sought by police. THE ASSOCIATED PRESS

Gastroenteritis. Queen Elizabeth II hospitalized for first time in a decade

Britain's Queen Elizabeth II was hospitalized on Sunday for an apparent stomach infection that has ailed her for days, a rare instance of ill health sidelining the long-reigning monarch. Elizabeth will have to cancel a visit to Rome and other engagements as she recovers, and outside experts said she may have to be rehydrated intravenously.

Buckingham Palace said the 86-year-old queen had experienced symptoms of gastroenteritis and was being examined at London's King Edward VII Hospital — the first time in a decade that Elizabeth has been hospitalized.

The symptoms of gastroenteritis, vomiting and diarrhea, usually pass after one or two days, although they can be more severe in older people. Dehydration is a common complication.

The illness was first announced on Friday, and Elizabeth had to cancel a visit to Swansea, Wales, on Saturday to present leeks, a national symbol, to soldiers of the Royal Welsh Regiment. She instead spent the day trying to recover at Windsor Castle, but appears to have had trouble kicking the bug. THE ASSOCIATED PRESS

Man-eating sinkhole spares heirlooms

Seffner, Fla. Home above hole that swallowed man still being demolished

Crews on Sunday razed more than half of the Tampa-area home perched over a huge sinkhole that swallowed a man three days ago, managing to salvage some keepsakes for family members who lived there.

Jeremy Bush, 35, tried to save his brother, Jeff, when the earth opened up and swallowed him on Thursday night. On Sunday morning, Bush and relatives prayed with a pastor as the house — where he lived with his girlfriend, Rachel Wicker; their daughter, Hannah, 2; and others — was demolished.

Early on Sunday morning, just before the demolition began, Bush and an unidentified woman knelt and prayed at the mailbox in front of the home, owned by Leland Wicker, Rachel's grandfather, since the 1970s.

The operator of the heavy equipment worked gingerly. Family belongings were scooped onto the lawn in hopes of salvaging parts of the family's 40-year history there.

As of Sunday afternoon — when demolition had stopped for the day and only a few walls remained — a Bible, family photos, a jewelry box and a teddy bear were among the items saved. Firefighters were also able to obtain a purse.

Cheers went up from family, friends and neighbours each time something valuable was salvaged.

Jeremy Bush, right, prays outside the home in which his brother, Jeffrey, disappeared. CHRIS O'MEARA/THE ASSOCIATED PRESS

Wanda Carter, daughter of Leland Wicker, cradled the large family Bible in her arms. She said her mother and father had stored baptism certificates, cards and photos between the pages of that Bible over the years.

Several generations of family members lived in the home at the time of the collapse. Carter said she lived in the home from the age of 11 to 20 and had to close her eyes as it was knocked down.

Hillsborough County administrator Mike Merrill said the remaining walls of the house would be knocked down on Monday. Crews would turn to clearing the debris as much as possible to allow officials and engineers to see the sinkhole in the open. THE ASSOCIATED PRESS

Final goodbyes

"Thank you for all of the memories and life it gave us."

Wanda Carter, former resident of the home, in prayer.

Background

The search for Jeff Bush, 37, was called off on Saturday.

- **Thursday night.** He was in his bedroom when the ground opened and took him and everything else in his room.
- **Rescue attempt.** Jeremy Bush tried to save his brother by jumping into the sinking dirt hole. He had to be pulled to safety by a sheriff's deputy.

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U.S. rewards Egypt's promises of reform with aid money

An Egyptian activist shouts slogans as she holds a poster depicting Egyptian Islamist President Mohammed Morsi doctored to resemble Adolf Hitler during a protest outside the Egyptian foreign ministry being visited by U.S. Secretary of State John Kerry in Cairo. AMR NABIL/THE ASSOCIATED PRESS

$250 million. U.S. secretary of state gives assistance to President Morsi in support of Egypt's 'future as a democracy'

U.S. Secretary of State John Kerry on Sunday rewarded Egypt for President Mohammed Morsi's pledges of political and economic reforms by releasing $250 million in American aid to support the country's "future as a democracy."

Yet Kerry also served notice that the Obama administration will keep close watch on how Morsi, who came to power in June as Egypt's first freely elected president, honours his commitment and that additional U.S. assistance would depend on it.

"The path to that future has clearly been difficult and much work remains," Kerry said in a statement after wrapping up two days of meetings in Egypt, a deeply divided country in the wake of the revolution that ousted longtime President Hosni Mubarak.

Egypt is trying to meet conditions to close on a $4.8-billion loan package from the International Monetary Fund. An agreement would unlock more of the $1 billion in U.S. assistance promised by President Barack Obama last year and set to begin flowing with Kerry's announcement.

THE ASSOCIATED PRESS

Quoted

"There must be a willingness on all sides to make meaningful compromises on the issues that matter most to all of the Egyptian people."

U.S. Secretary of State John Kerry

Syria. Battle over territory escalates as rebel fighters make more advances

Following rebel gains, the leader of the Syrian opposition made his first visit Sunday to areas near the embattled northern city of Aleppo as fighters trying to oust President Bashar Assad captured a police academy and a border crossing along the frontier with Iraq.

Assad, meanwhile, lashed out at the West for helping his opponents in the civil war, delivering a blistering rebuke to Secretary of State John Kerry's announcement that the U.S. will for the first time provide medical supplies and other non-lethal aid directly to the rebels in addition to $60 million in assistance to Syria's political opposition.

Aleppo, the nation's largest city, has been a major front in the nearly two-year-old uprising. Government forces and rebels have been locked in a stalemate there since July.

Mouaz al-Khatib met Sunday with Syrians in the two rebel-held Aleppo suburbs of Manbah and Jarablus, a statement said. The stated goal of his trip — his first since being named the leader of the Syrian National Coalition late last year — was to inspect living conditions.

But his foray to the edge of Aleppo also could be an attempt to boost his group's standing among civilians and fighters on the ground, many of whom see the Western-backed political leadership in exile as irrelevant and out of touch. THE ASSOCIATED PRESS

More to come?

The territorial gains are a significant blow to Assad, although his forces have regained control of several villages and towns along a key highway near Aleppo International Airport — which could signal the start of a decisive battle for Syria's commercial capital.

Protesters want truth about Chavez's health

Hundreds of protesters took to the streets of Venezuela's capital on Sunday, demanding the government provide complete details about the health of ailing President Hugo Chavez. At the same time, Chavez supporters staged their own rally in the city.

Protesters waving Venezuelan flags chanted "Tell the Truth!" as they marched through eastern Caracas. They accused government officials of keeping from the public a full account of Chavez's condition.

"They don't tell us the truth," complained Mildred Moreau, a 64-year-old woman who said Chavez isn't healthy enough to govern the country. "We feel that they are trying to trick us."

THE ASSOCIATED PRESS

A demonstrator with her lips painted with the colours of the Venezuelan flag attends a protest on Sunday. FERNANDO LLANO/THE ASSOCIATED PRESS

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Horse as the main course

On the menu. What's distasteful to some is more than palatable at Toronto's La Palette

JESSICA SMITH
jessica.smith@metronews.ca

Restaurateur Shamez Amlani says he understands being vegan — but refusing to eat horse while chowing down on the noble cow and the friendly pig? That's just "speciesism."

Amlani and his wife opened La Palette on Toronto's Queen West just over 12 years ago. When he first asked his meat supplier to find him horse, there weren't any other restaurants in Toronto serving it. La Palette, he said, offered it clandestinely to customers with a "pssst, we have horsemeat" whisper, rather than putting it on the menu.

Now, horse tartare and two horse main courses are on the menu. Horsemeat, being so lean, is a favourite of athletes but is also so tender his wife calls it "the butter of meats," he said.

As it turns out, we might not eat a lot of horse but we supply a lot of people who do.

Canada exports thousands of kilograms of horsemeat each year.

Amlani said horsemeat squeamishness can be traced to 732, when Pope Gregory III decreed eating horse a "filthy and abominable custom."

"People will have a very schizophrenic approach to why you shouldn't eat it — they'll start by saying they're companion animals, they'll tell you it's bad for you because of (drugs) that might be present in the meat and they'll switch back to 'But they're so cute,'" he said.

Others will encourage a distaste for horsemeat as "the thin edge of the wedge" in their attempts to convert others to veganism.

Amlani knows all about people's objections. His restaurant has been the focus of protests, and sometimes diners walk out when they see horsemeat on the menu.

Horse tartare and tenderloin, as prepared by Chef Brook Kavanagh of La Palette. FERNANDO CARNEIRO/METRO

Taste test

Savouring the tenderest of meats

To me, the horsemeat debate comes down to taste. We eat beef, pork — why not horse?

On to the taste test. La Palette, a French bistro on Queen Street West, serves horsemeat.

I started with a tartare — raw horsemeat with onions and seasoning.

I was surprised by how tender horsemeat is, despite being so lean. It's also mild — much milder than beef. I wondered if the seasonings were keeping me from fully tasting the meat. The dish was delicious, but I wanted horse on its own.

The tenderloin gave me that opportunity. Seared on the outside and rare on the inside, it was accompanied by a mushroom oat risotto, seasonal vegetables and a port reduction. I could've eaten the meat with a spoon, it's so soft. And a little sweet. It won me over.

FERNANDO CARNEIRO
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Some horsemeat stats

13,489 Canada exported 13,489 metric tonnes of horsemeat in 2011. That's down 24 per cent since 2010, when Canada exported 17,766 metric tonnes.

89,348 There were 89,348 horses slaughtered in licensed slaughterhouses in Canada in 2011, each weighing an average 0.28 metric tonnes.

Recipe pays homage to one of the most beautiful animals

Hayfire Roasted Horse Tenderloin with the Foods It Liked Most

- 2 pounds horse tenderloin
- damp hay
- applewood
- 1/4 cup rendered horse suet
- 2 large heirloom carrots
- 2 firm cooking apples
- 1 tbsp fermented oat paste (could substitute miso)
- 2 cups alcoholic dry apple cider
- 2 tbsp apple cider vinegar
- 2 cups finely diced carrots, onions and celery (mirepoix)
- 1 tsp julienned fresh sage leaf
- 10 pounds horse bones
- whole oats
- good butter
- chives

For the horse and its carrots and apples: Build an applewood fire. Over it suspend a rendered-horse-suet-brushed cast iron grill. When the fire subsides and the embers burn bright, place a layer of damp hay, the whole carrots and apples (peels intact), then more damp hay over the coals. Place the seasoned tenderloin on the hot grill and roast on all sides over the apple-hay smoke until the outside is deep brown and crispy. Move the horse to a warm corner of the fire to rest before slicing. Peel the cooked apples and carrots.

For the horse's oats: Make a stock of horse marrow bones, fermented oat paste and roasted hay. Toast the whole oats in good butter with sage. Add the mirepoix, deglaze with a dry alcoholic apple cider, the cider vinegar and the horse stock. Simmer until oats are tender, adding more stock as necessary. Finish with more good butter, chives, and season to taste.

For the horse reduction: Boil the remaining horse broth with a cup of apple cider until it is thick and sticky. Right before serving add a few spoons of cold butter and whisk to incorporate. Serve each guest a few spoons of the oats, a thick slice of tenderloin, a few slices of apples, carrots and the reduction.

CHEF BROOK KAVANAGH, LA PALETTE

Arguments in the horsemeat controversy

- **Argument: Horses can be mistreated or unethically killed.** Last winter, the Toronto Star published an exposé about horses bought at a "kill" auction in the U.S. It followed a trailer of horses that were left without food, water or room to move for 22 hours as they made the trip to an abattoir in Quebec. The Canadian Horse Defence Coalition has secretly filmed some of Canada's abattoirs and found some instances in which horses are improperly killed.
- **Counterargument: It's no different than cattle slaughter — humane.** Horsemeat proponents argue the process is the same as the slaughter of cattle. Plus, killing a horse for its meat, instead of leaving it improperly cared for at a farm that no longer has use for it, is ultimately more humane.
- **Argument: There could be harmful drug residue.** Phenylbutazone (PBZ) is an anti-inflammatory given to many horses, especially racehorses, which can end up at abattoirs. The drug can cause serious health problems in humans if ingested.
- **Counterargument: Horsemeat is tested.** The Canadian Food Inspection Agency (CFIA) has a "zero tolerance for phenylbutazone in food" and conducts random spot tests of horsemeat for residue of the drug, finding "a very high compliance rate" with the law.

ROBSON FLETCHER/METRO IN CALGARY

Which meat will you eat?

"It's based on taste. I like steak, I like beef, chicken.... I've never had horsemeat before. But I would if it was good."

Brian Jansen, 23, actor, eats meat

"I would try almost anything. I've eaten venison, I've eaten buffalo, elk, kangaroo — I think — and ostrich."

Stephanie Nadler, 50, artist and stay-at-home mom, eats meat

Would you eat horsemeat?

"To me, meat is meat.... I don't understand why it's different than cow or pig."

Kristen Corbet, 31, works in the solar-energy industry, doesn't eat meat

"I don't think people should eat horsemeat.... So many people love horses and have them as a pet."

Logan Thayalan, 30, database assistant, eats meat, but not horsemeat

WH YO TAS

The recent horsemeat scandal has generated more curiosity than controversy. Searches for 'horsemeat recipes' spiked dramatically following news that horsemeat disguised as beef had been sold across Europe. In Canada, searches for

Who's not too sweet to eat?

We asked which animals you would eat. Here's how you voted:

AT'S UR TE?

'horse recipe' have been generally trending upward since 2008, reaching an all-time high this February. Volumes were highest in Alberta, perhaps indicating that cattle country is developing a taste for horses.

Rabbit

92 votes

Cow

128 votes

Frog

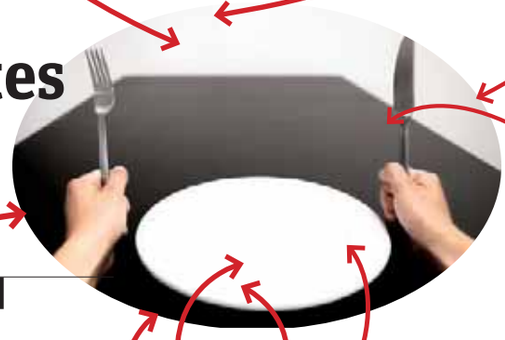
64 votes

Salmon

125 votes

Dog

0 votes



Horse

67 votes

Chicken

132 votes

Camel

62 votes

Seal

58 votes

Caterpillar

25 votes

Kangaroo

72 votes

Pig

122 votes

ALL PHOTOS: ISTOCK

Horsemeat. Big business in Alberta

Canadians consume about 650,000 pounds of horsemeat and export about 30 million pounds of it each year, with most coming from the province best known for its cattle.

"Probably two-thirds of the Canadian processing is done in Alberta," said Bill desBarres of the Horse Welfare Alliance of Canada, an advocacy group for the horsemeat industry.

While some might bristle at the thought of slaughtering horses for food, advocates like desBarres believe it's the best end-of-life option for many of the animals.

"It's the most humane option — for horses that qualify — to go to processing," he said. "But the horse must qualify. It can't have phenylbutazone administered in the life of the horse, for instance. That's a painkiller that does not have a designated withdrawal time."

Horses that have consumed other drugs can qualify after spending sufficient time on a feedlot for the drugs to clear their systems, desBarres said.

The Canadian Food Inspection Agency "has zero tolerance for phenylbutazone in food," according to its website, and employs both random and targeted testing of horsemeat for the drug and other contaminants.

Other groups, however, like the Canadian Horse Defence Coalition, say it's impossible to guarantee that horses sent for slaughter are free of such drugs. "With such random, scanty testing protocols in place, one can only imagine how many drug-positive horses slip through the cracks," CHDC executive director Sinikka Crosland said in a recent statement.

Bruce Flewelling, who buys and sells horses for meat in Alberta, said processing may be distasteful to some — including his own father, who was an avid horseman — but he prefers it to simply burying or cremating horses at the end of their lives.

"With processing, you get something out of the horse," he said.

ROBSON FLETCHER/METRO IN CALGARY

Horses wait to be ushered into the auction ring in Nebraska in 2008. Most of the animals were sold so they could be sent to Canada to be slaughtered.

NATE JENKINS/THE ASSOCIATED PRESS FILE

Quebec. Family, neighbours stunned by cop's death

A Kativik Regional Police officer who was fatally shot after responding to a domestic dispute in northern Quebec Saturday night is being remembered as a "great young man" as his family in Ottawa reels from the sudden loss.

Quebec provincial police identified the deceased as Steve Dery, 27.

Dery was responding to a home in Kuujjuaq, Que., about 1,600 kilometres northeast of Montreal, when shots were fired at him and a fellow officer.

The other officer was badly wounded but is expected to be OK, said Sgt. Ronald McInnis with Sûreté du Québec.

Police remained at the scene during a lengthy standoff with a man, who remained inside the home. They found the man dead inside Sunday afternoon and believe he committed suicide.

A woman escaped uninjured Saturday night.

Dery, who was pronounced dead in hospital, was originally from the Ottawa suburb of Orleans.

Reached by phone Sunday, Dery's mother Celine said she was shocked by the news of her son's death. She said the family is asking for privacy.

A shoulder patch for the Kativik police in Kuujjuaq, Que.
THE CANADIAN PRESS FILE

"We're still trying to process the information," she said. "My mind cannot begin to even try to formulate any statement."

Neighbours are also grieving the loss.

Patrice Côte remembered when Dery moved to his street as a teenager.

"(He was) a boy who had dreams of becoming a permanent police officer," said Côte by phone Sunday, his voice breaking.

JOE LOFARO/METRO IN OTTAWA, WITH FILES FROM THE CANADIAN PRESS

Trudeau blasts rival's 'negative' approach

Liberal leadership race. Star candidate has increasingly found himself the subject of attacks in recent weeks

Marc Garneau, left, looks on as Justin Trudeau speaks at the Liberal party leadership debate in Halifax on Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

Liberal Justin Trudeau accused a rival of resorting to negative tactics during a leadership debate Sunday as he attacked assertions that his bid for the party's top job has been heavy on rhetoric but light on detail.

Trudeau took Marc Garneau to task during a one-on-one at the debate in Halifax, saying that the Liberals don't want to see the party "turned in on each other."

"That's why I'm restlessly positive in this campaign, and that's why the top-down, backroom-heavy negative campaign that has been run by other people in this campaign is something that I don't think Liberals want to see," said Trudeau, who has boasted about running a positive campaign.

The sparring between the two MPs was one of the more spirited exchanges in the debate that also saw candidates attack Joyce Murray's plan to work with the NDP and Greens to defeat the Conservatives.

Garneau said Trudeau has been ducking the big issues, telling the perceived frontrunner that Canadians deserve more than platitudes.

"They don't want empty words," Garneau said. "They may not like what I have to say, but at least they will know where I stand."

Trudeau said he has voiced his views on a variety of issues, citing his opposition to the Northern Gateway oil pipeline and support for the legalization of marijuana. THE CANADIAN PRESS

UN. Food plan urged to fight hunger

The United Nations right-to-food envoy says the Harper government's controversial decisions to scrap the long-form census and negotiate a free-trade deal with Europe will make it more difficult to fight poverty in Canada.

Those are among the many cutting observations made by Olivier De Schutter, the United Nations' special rapporteur on the right to food, who will release his report Monday in Geneva at a meeting of the UN Human Rights Council.

The report calls on Ottawa to create a national food strategy to fight hunger among a growing number of vulnerable groups, including aboriginals and people struggling to make ends meet on social assistance. It says the strategy should spell out the levels of responsibility between various governments.

In the 21-page report, De Schutter also takes aim at some of the core items of the Harper government's agenda, saying they undermine access to food. THE CANADIAN PRESS

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Online security

Evernote resets 50M passwords after hacking

Online note-taking service Evernote Corp. says it has been hacked and is resetting all its 50 million users' passwords as a precaution. The company, based in Redwood City, Calif., said in a post published late Saturday that an attacker had been able to access sensitive customer information and that every user would have their account reset "in an abundance of caution."

THE ASSOCIATED PRESS

Tribal dispute

Libyan natural-gas exports to Italy halted after clashes

Transport of natural gas from Libya to Italy through a major pipeline in the country's west was halted on Sunday after clashes between tribesmen and forces guarding the natural-gas complex, a security official said. The unrest was the latest of ongoing tribal clashes that are hampering efforts to bring Libya under control of the central government.

THE ASSOCIATED PRESS

Market watch

Dollar may be in for a bumpy week

The Canadian dollar could be under further pressure this week as traders look to see what the Bank of Canada signals about interest-rate hikes and how job creation held up in February. Currency and stock markets will also look to see how a series of steep U.S. government spending cuts is being implemented.

THE CANADIAN PRESS

India budgets for more free lunch

Indian children eat a free midday meal at a government school on the outskirts of Jammu, India, on Thursday. Finance Minister Palaniappan Chidambaram has unveiled a national budget with a promise to put Asia's third-largest economy back on a path to high growth while trimming the fiscal deficit. However, with the country headed for general elections in 2014, government spending on costly social programs is also projected to go up substantially. The budget has assigned almost $2 billion for an ambitious food-security program, which will provide subsidized food to the poor. CHANNI ANAND/THE ASSOCIATED PRESS

Keeping your pets past the expiry date

Freeze-dried Fido. Taxidermist makes sure animal lovers never have to say goodbye

Anthony Eddy looks into a conventional freezer while a dog is preserved inside a freeze dryer in Slater, Mo. Animal lovers from across the U.S. call on Eddy to preserve their beloved departed pets for posterity through a process that can take up to a year. JEFF ROBERTSON/THE ASSOCIATED PRESS

Growing up on the family farm, Anthony Eddy learned early on not to get too attached to animals, including household pets.

His devoted customers are a different story. Pet lovers across the U.S. count on the Missouri taxidermist to faithfully preserve Brutus, Fluffy and other beloved companions for posterity. Even if it means shelling out thousands of dollars and waiting more than a year for the pets' return.

"They're very distraught, because their child has died. For most people, this animal is their life," said Lessie "Les" Thurman Calvert, Eddy's office manager. "Some are kind of eccentric. But most of them are just like you and me. They don't want to bury or cremate them. They can't stand the thought ... It helps them feel better about the loss."

The front showroom of Eddy's Wildlife Studio in downtown Slater, Mo., is a testament to pet owners' perseverance. Lifelike dogs and cats of all sizes are scattered along the floor, from a perky-looking Brittany spaniel to a regal Persian cat, a lone iguana and a stray cockatiel or two. Departed pets of all persuasions spend up to one year in hulking, freeze-dry metal drums before they are painstakingly preserved and returned to their owners.

THE ASSOCIATED PRESS

Vegas. Casino operator says it likely flouted bribery law

Las Vegas Sands Corp. says in a regulatory filing that it probably violated a federal U.S. law that prohibits bribing foreign officials. The casino company said in a filing on Friday that the Securities and Exchange Commission asked two years ago for records relating to compliance with the Foreign Corrupt Practices Act.

Las Vegas Sands, which is controlled by billionaire Sheldon Adelson, said that after it got the SEC subpoena on Feb. 9, 2011, the audit committee of the board of directors opened an investigation.

In its annual report, filed Friday with the SEC, the company said that the audit committee "reached certain preliminary findings, including that there were likely violations of the books and records and internal controls provisions" of the anti-bribery law.

THE ASSOCIATED PRESS

Executive pay. Swiss fight back against 'fat cat' bosses

Swiss voters voiced their anger at perceived corporate greed on Sunday by approving a plan to boost shareholders' say on executive pay.

Some 67.9 per cent of voters backed the Rip-Off Initiative, according to the official count broadcast by Swiss public television station SRF.

The outcome of the referendum was considered a foregone conclusion after opinion polls in recent months showed strong public support for the initiative. News last month that Daniel Vasella, the outgoing board chairman of Swiss drug maker Novartis AG, was to receive a leaving package worth about $78 million further fired up public sentiment against "fat cat" bosses. Vasella later said he would forego the deal, but by that time the incident had dashed opponents' hopes of stopping the initiative.

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WHAT THE DEATH STAR CAN TEACH US

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

It seems fair to say that most people in the GTA don't feel overly engaged with local government. To fix that, I'm thinking we should take a cue from the Americans and their government's official response to a petition calling for the construction of a massive planet-destroying spaceship.

Let me explain. In January, the United States government did something kind of weird: They released a statement explaining why they were opposed to the building of a Death Star.

The Death Star, you remember, was the place that bad dad Darth Vader called home in the original Star Wars trilogy. Aside from a minor design flaw that left it vulnerable to a couple of missiles sent down a ventilation shaft, it was a real marvel of Imperial engineering.

But still President Barack Obama's administration opposed construction of the trillion-dollar moon-sized space station. "The Administration does not support blowing up planets," they wrote. Which is fair enough, I guess.

The point to all this nerdiness? Civic engagement. Obama's White House didn't lay out their feeling on the Death Star because they particularly wanted to. They did so because a group of citizens got together online and, using a pretty simple process involving a formalized online petition, forced them to. And that's kind of amazing.

The Death Star thing is only one example. Obama's government has now responded to more than 100 issues raised directly by citizens through online petitions. They've been forced to lay out policies on tough issues such as the legalization of marijuana, Wall Street reform and gun violence.

The process is simple. The White House maintains a platform for online petitions. Anyone can start one, but you need 150 signatures to get going. From there, you have 30 days to get 100,000 more signatures. Hit the threshold, and you're guaranteed a government response. No ifs, ands or buts.

It's not hard to see how easily this idea could translate to local government, with different thresholds for action. Across the GTA, politicians are fond of saying they have a mandate from the people to enact certain policies. At the same time, it's too easy for them to duck the media and avoid hard questions. This could force more transparency and accountability.

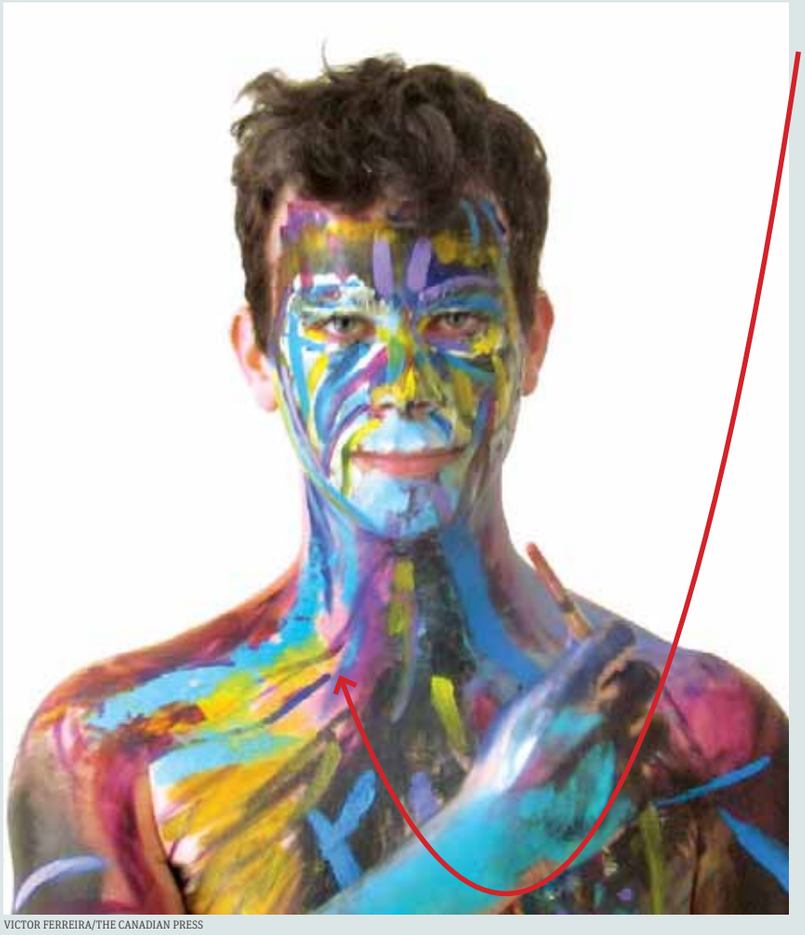
Meanwhile, citizens who do rally and start petitions on local issues are too easily ignored. Councils that have formalized processes for accepting petitions don't do much to encourage them. Petitions mostly end up only as footnotes in meeting minutes. Real inspiring.

A more formalized online system like the one offered by the White House could change that. We probably wouldn't get our own Death Star out of the deal, but a more engaged population is a worthy outcome all its own.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Radiate from the inside out



VICTOR FERREIRA/THE CANADIAN PRESS

Artist uses canvas as his muse

Matti McLean once hated his body so much that, in his last year of high school, he stopped eating.

Now he's advertising the beauty of the human form by transforming it into a work of art.

Through the Human Canvas Project, established last year, McLean uses his paintbrushes to capture both his subjects' figures and personalities.

Using music, discussion and individual colour choices, McLean tries to tap into each person's individual character and use the body as the canvas it's painted on.

He has created 145 canvases since beginning, he said, adding his work is reaching an audience ranging from Australia to Peru.

THE CANADIAN PRESS

Colour at end of the tunnel

"A lot of gay men struggle with eating disorders. I didn't like who I was and took it out on my body."

Matti McLean, founder, Human Canvas Project
He explained he overcame his self-esteem issues and began the Human Canvas Project as a way to document his close friends and the way that he saw them on the inside.

Giving back. Push comes to shovel for Toronto resident

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

They say that when someone does you a good deed, you should pay the kindness forward to someone else.

Toronto resident Claire Hutchison took this wisdom to heart during a recent snowstorm — paying back a kindness extended to her last summer.

Hutchinson had crashed and fallen off her bike downtown, when two strangers immediately came to her rescue.

One fixed the bike's now-twisted handlebars and broken chain. The other offered Hutchinson a TTC token so that she could continue on her way. Though Hutchinson's injuries have now faded to mere scars, she'll always remember the kindness shown to her that day, what she calls a "true story of Torontonian good will."

So when a major blizzard hit Toronto last month, Hutchinson, realizing that many of her neighbours are busy families and seniors, shovelled her entire street.

It was her turn to do a good deed. "It really puts my faith back in people doing the right thing naturally," she says.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.
Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. Email them for more information and to get involved.
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THE WORLD'S LEADING DANCE EVENT

Martin Short pretends to be a bagpipe as he hosts the Canadian Screen Awards in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Canadian Screen Awards bewitched by Rebelle

Golden Globes North. Combo Genies and Geminis event also awards Flashpoint, Laurence Anyways

Rebelle ruled while Flashpoint continued to burn bright at the inaugural Canadian Screen Awards on Sunday, as the best in homegrown film and television gathered for a first-ever joint bash hosted by an off-the-wall Martin Short — who brought along his popular alter ego Ed Grimley.

The Oscar-nominated child-soldier drama Rebelle (or War Witch) dominated the film categories with a whopping 10 trophies, including wins for best film, best director, best screenplay and best actress for its teenage star, Rachel Mwanza. It had been up for 12 awards.

"I'm very touched," said Montreal director Kim Nguyen as he collected the best director prize.

"I'd like to dedicate this to the women in the Congo, their strength, their courage and their resilience."

Meanwhile, perennial TV favourite Flashpoint took the top prizes in the TV race, including best drama and best dramatic actor for star Enrico Colantoni.

The inaugural awards gala celebrated the best in Canadian film and television together for the first time, and Short kicked things off with a musical opening that saw him hoisted by wires to soar over the star-studded audience.

"They had me so high up there I could see both of Mike Duffy's houses," quipped Short, keeping things topical for his Canuck audience.

He later lobbed affectionate barbs at Canadian celebrities Don Cherry, Rick Mercer and The Bachelor Canada winner Brad Smith, and took aim at recent Oscar winner Argo, which earned criticism for downplaying Canada's role in rescuing six U.S. citizens caught up in the 1979 Iran hostage crisis.

"It's always nice to be home," Short said to a star-studded audience.

"I flew in on Air Canada. Or as Ben Affleck calls it, American Airlines." THE CANADIAN PRESS

Other big winners

Best TV drama: Flashpoint

Best TV comedy actor: Gerry Dee, Mr. D

Best TV comedy actress: Wendel Meldrum, Less Than Kind

Best TV drama actress: Meg Tilly, Bomb Girls

Best documentary: Stories We Tell, Sarah Polley

Celebration. Madonna to present Anderson Cooper with GLAAD award

Gay advocacy group GLAAD says Madonna will present CNN's Anderson Cooper with an award for openly gay media professionals.

GLAAD said the singer has been chosen to give Cooper the Vito Russo Award at the 24th annual GLAAD Media Awards in New York City on March 16.

THE ASSOCIATED PRESS

Anderson Cooper GETTY IMAGES

Box office

Jack 'slays' the competition

It wasn't exactly a mighty victory, but Jack the Giant Slayer won the weekend at the box office. The Warner Bros. 3D action extravaganza, based on the Jack and the Beanstalk legend, made just $28 million to debut at No. 1, according to Sunday studio estimates. It had a reported budget of about $200 million.

THE ASSOCIATED PRESS

Downton Abbey. Fourth season has some cast comings and goings

Shirley MacLaine will be returning to Downton Abbey next season, and opera star Kiri Te Kanawa is joining the cast.

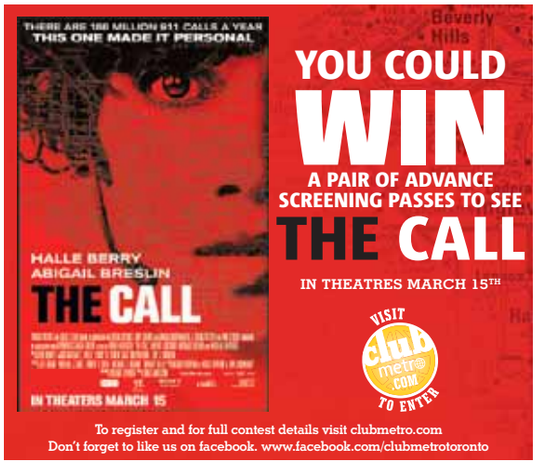
MacLaine will reprise her role as Martha Levinson, Lord Robert Crawley's freewheeling American mother-in-law, Carnival Films and Masterpiece on PBS said Saturday. MacLaine appeared in episodes early last season. New Zealand-born soprano Te Kanawa will play a house guest. Another new character is Tom Cullen as Lord Gillingham, described as an old family friend of the Crawleys who visits the family as a guest for a house party (and who might be the one to mend Lady Mary Crawley's broken heart).

THE ASSOCIATED PRESS

Notice to appear? You can find her in the club

Lindsay Lohan appears to be living it up as much as she can in advance of her March 18 trial — and even skipped out on the latest court appearance related to her case to stay in New York and go clubbing instead, according to Us Weekly. Maybe she knows it doesn't look good for her this time when it comes to avoiding jail time.

Clubbing apparently trumps court for Lindsay Lohan.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is Kanye a playdate hater?

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West rants about Jay-Z and Justin Timberlake's Grammy performance and their new song, Suit and Tie. Jay-Z now regrets not lending Kanye his new toy train before going on the play date with Justin.

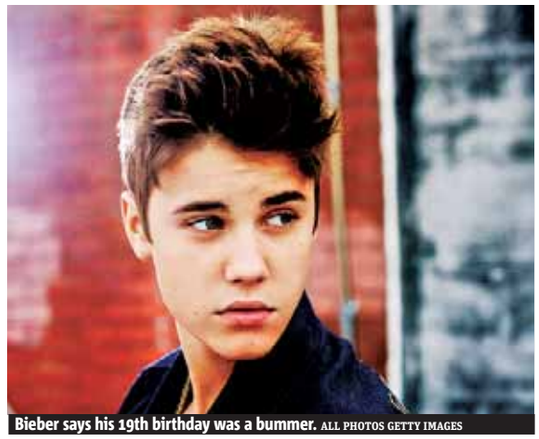
Suri Cruise may have a body double. The Brangelina kids are all sulking in their rooms.

"Friend Zone" is added to the Oxford Dictionary. "That's so dumb," says some really nice guy.

"But I don't have time to deal with it now. I'm late picking up Tiffany's dry cleaning."

Michelle Obama's Oscar dress gets photoshopped sleeves and a much higher neckline for Iranian TV. "Could you send over some information on how you did that," asks Lindsay Lohan's manager.

Octomom says she has a medical marijuana prescription. She suffers from the incurable condition known as "14 kids."



Bieber says his 19th birthday was a bummer. ALL PHOTOS GETTY IMAGES

Birthday was the worst day, but they sipped $12K in booze when they were thirsty

Justin Bieber's celebrations for his 19th birthday didn't go so swell Friday, leading the star to tweet a simple, "worst birthday." And while his fans leapt to the conclusion that the paparazzi were responsible, it reportedly had more to do with the security at London's Cirque du Soir nightclub, who wouldn't let some of his entourage in because they couldn't prove they were over 18, according to E! News. Bieber still managed to have some fun — dropping a reported $12,000 on bottle service for his pals — but the incident with security put an early stop to the festivities. "I think Justin and his friends had a good time," a source says. "(But) he was, of course, not amused that some of his close friends were refused entrance."

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The Globe and Mail

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Baby wipes

Not just for bums

Baby wipes are excellent for baby bums, of course. We all know that.

But they are not just for babies anymore. I have found baby wipes to be the perfect eye makeup remover. I ditched my expensive liquid eye makeup remover years ago in favour of the gentle-on-my-skin baby product.

The multi-purpose wipes have a permanent spot in our bathroom for bums, eyes, spills and countertops. I even use them to remove pesky deodorant stains from my clothing.

JENNIFER WALKER OF YUMMYMUMMYCLUB.CA

A cheap solution

Fix for the reluctant biker

My little girl just couldn't get the hang of a two-wheeler bicycle — no matter what.

Instead of paying for an expensive glider, we took the pedals and the chain off of her regular bike.

She then learned how to push and glide to get her balance. It worked perfectly to give her the confidence she needed.

Every child should learn this way!

Once she got her balance and we put the chain and pedals back on, she was off, literally, the first time with no help.

MEGAN ANDREWS OF YUMMYMUMMYCLUB.CA

Exclusively online

After months of anticipation, you're taking your very first wobbly steps. If only John Stamos were here to score the moment with an original ballad. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Keep your toddler smiling

Indoor activities. Is your child stuck indoors all day? Here are fun ways to keep the little one entertained

CAROLINE FERNANDEZ
YummyMummyClub.ca

Snow days, rainy days, days I just have to do laundry — we've had a lot of inside time lately. I have been getting creative with my two-year-old and finding lots of fun inside ideas. Here are my top nine.

Wooden spoon + pots = musical madness!
Doing the dishes and toddler driving you crazy? Give him a pot and a wooden spoon. Bang, clash, boom. So simple, yet so entertaining. Mix it up with plastic bowls, stainless steel pots, wooden and metal spoons (the bigger the better). He's learning about beats and music while getting his banging on.

Cardboard box + crayons = artful activity!
I get tons of cardboard box deliveries. A few crayons (washable, of course!) plus his creativity and it makes for the perfect art experience. Lines, squiggles, circles. He's learning about art without even knowing it.

Empty milk jug + soft ball = toddler bowling!
We go through four litres of milk a day (yes, really!), so before I take those milk jugs back for deposit, we re-purpose them into a bit of play. Line them up against a wall, stand back and gently roll (this takes practice) the ball to knock over the jugs. It's a fun physical activity — there is crouching, bending picking up and running back to knock them down again.

Cars + hands = CRASH!
There is something about crashing things that entertains my toddler to no end. Cars, pillows, teddy bears, two of anything can crash really. It is repetitive and verbal (he sings "crash, crash") and apparently tons of fun.

Fingers + songs = finger songs
Folding laundry and toddler wants your attention? Start singing Head and Shoulders or Wheels on the Bus or The Hokey Pokey. You can do the movements as you fold (whizzing socks around while singing Wheels on the Bus is just organic) and he'll follow along. That's multi-tasking.

Kitchen sink + water = homemade water table.
This was my Tuesday. I pulled a chair up to the sink. I filled it with water and dish soap and put in wooden spoons, plastic measuring cups and some clean plastic yogurt containers. My son instinctively climbed up and went to town splashing and pouring. Yes, the floor got wet. Yes, he got wet too. But the clean up was easy, with a simple swipe of the towel and a quick change of clothes. It was play time well spent.

Swim + bodies = land swimming.
Sounds weird, right? This was part of a game we played at play group where there were "octopus" who had to catch "fish" swimming by. Dear son loved it so much we often land swim around the house. Chanting, "swim, swim swim," we walk around the living room and move our hands like we're swimming. Hurry, a shark!

Hide + seek = where did it go?
Showing an object and then hiding it under my shirt (or his) is a daily event. "Where'd it go?!" we ask each other. I call it training for finding running shoes in his school years.

Books + lap = reading time
Before every nap and bedtime, we read stories. I change up the ones on the toddler reading table (more for my entertainment than his). Currently we are reading Blue Hat, Green Hat by Sandra Boynton and Toupie a peur by Dominique Jolin.

Give her pots and pans to bang on while you wash dishes. ISTOCK

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Shopping with kids can be an adventure. ISTOCK

No judgement near the frozen waffles

It's 3:30 p.m. Kids, hungry after school, lean against the shopping carts their mothers push down crowded aisles. I watch a middle-aged guy jump the check-out line.

He sees me see him and does a defensive "who me?" shrug. Hurried myself, I bite my tongue, check my list and press on. There is a tall brunette bearing down on me. I do a half pirouette to let her by and hear a little voice, upturned, just finishing a question on the woman's far side. As they pass me I hear her brisk reply: "We are not here for fun. We are here for things to eat."

I pause carefully on the threshold of judgment. I have always tried to avoid shopping-as-chore. We used to make food shopping an adventure, now it is a creative exercise in lunch kit supply choices.

The truth is that shopping is a chore, especially at this hour, especially when your legs are little and everyone's patience is thin. I realize what I am feeling is an empathy wince.

Being a parent is filled with daily obstacle courses, small and large. The afternoon meltdown hours between 3:30 and 6:30 p.m. are a particularly trying sprint. A homework hatchet hangs heavy and urgent over our household tonight, so I keep moving, wedge the freezer door open with my hip, grocery basket biting into my forearm, bottle returns clanking on my other flank. I try to smile at the kids hauling backpacks past me, and nod as we navigate the space so the parents know there is no pressure from me, even if they are in the middle of a teary negotiation in the frozen waffle section.

Judgment is a withering thing under which family life does not thrive. We must allow room for each other. The guy who jumped the line though? He needs remedial kindergarten. CATHERINE JACKSON OF YUMMYMUMMYCLUB.CA

A taste of Greece in a burger

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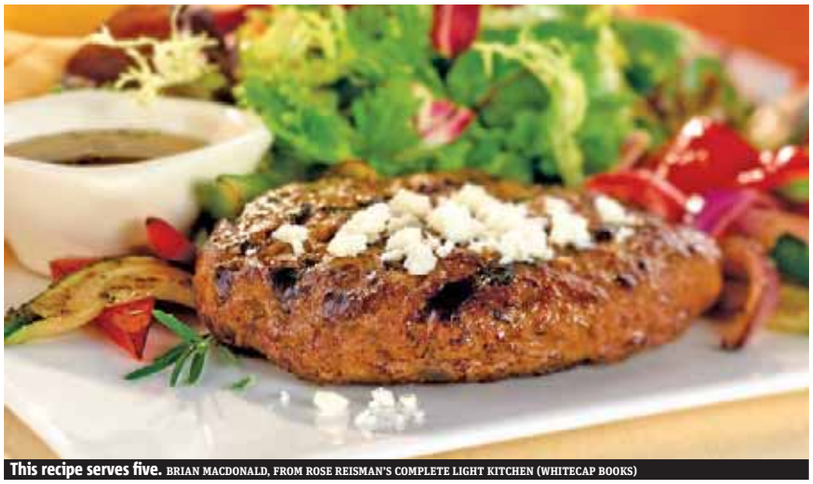


This recipe serves five. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Add some mushrooms, feta cheese and oregano and you have a whole new burger.

Try substituting ground chicken, turkey or veal. Forget the bun — I love to serve these over a bed of couscous.

But if you're serving them on a bun, be sure to include lettuce, tomatoes and onions for an extra serving of veggies.

Ingredients

- 1 cup chopped mushrooms
- 1/2 cup chopped onion
- 1/3 cup light feta cheese, crumbled
- 1 lb extra-lean ground beef or lamb
- 1/4 cup finely chopped fresh chives
- 3 tbsp chopped fresh oregano
- 2 tbsp barbecue sauce
- 3 tbsp dry seasoned bread crumbs
- 2 tsp minced fresh garlic
- 1 egg
- 3 tbsp chopped oregano

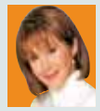
1. Spray a non-stick skillet with cooking oil; add the mushrooms and onions and cook over medium-high heat for 4 minutes or until softened and browned. Remove from the heat. Stir in the feta.

2. Combine the beef, chives, oregano, barbecue sauce, bread crumbs, garlic and egg in a bowl. Stir in the onion mixture. Mix thoroughly. Form into 5 patties.

3. Spray a non-stick grill pan or barbecue grill with cooking oil and heat to medium-high. Grill the patties for 3 to 5 minutes per side or until no longer pink in the centre. (Alternatively, place on a baking sheet in the centre of a preheated 450 F oven for 10 to 15 minutes or until cooked through, turning once.) Garnish with oregano and crumbled feta cheese, if desired. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Healthy eating

Choose it and lose it



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Equivalent

Two medium slices of Pizza Hut Italian Classic pizza with stuffed crust is equal in fat to an entire Piller's kolbassa sausage.

Pizza Hut Triple Crown (2 medium slices with thin crust)

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How to mess up the very first meeting

Don't, just don't.
On avoiding the opportunity ambush

YLVA
VAN BUUREN
careerbear.com

The job interview is one of the most important parts of the job-search process, and one that you have far more control over than you think, says Stefan Danis, CEO of Mandrake. Here are common interview mistakes and his advice on how to avoid them — and get the job of your dreams.

Fight the desire to fib about your employment history. ISTOCK

Come unprepared
The job description is usually filled with information about what type of employee the company is looking for, so spend time positioning how your experience and competencies match up. "The bad (move) is you come in and talk about yourself but in no way relate your narrative to what the company is looking for," says Danis. Questions during the interview will invariably relate to the job description. Consider rehearsing your answers in front of a mirror so you give the answer in the best possible way. "You must remain authentic in your response as opposed to rehearsed, however," he says.

Don't ask questions
You can extract a tremendous amount of information as an interviewee, says Danis. Right off the top, ask how the interview will be structured — so you know how much time you have and how you should tailor the length and detail of answers. Then, "in a perfect world you would finish every single answer with a query that would reflect back to the interviewer. For example, how is this competency valued within your organization?" Before you leave, ask for feedback. "Most interviewers will share with you what they thought right away if you ask them, but most people leave without asking the question." Ask.

And then I learned to ski...

"Some people think life outside of work is not relevant to work ... but I would say quite the opposite."

Stefan Danis
CEO of Mandrake

Forget common courtesies
Don't be late. It's disrespectful and reflects on your personality and, possibly, work ethic. Also, turn off your cellphone. Surprisingly, almost 20 per cent of interviewees don't, says Danis. If you forget to turn off your cell and the phone rings, apologize and quickly turn it off pronto. If you are experiencing some sort of crisis that requires you be connected warn the interviewer ahead of time that you might get an urgent call. But the situation must be critical!

Make the interview all about work
The resumé got you the interview, says Danis, and odds are the fit will get you the job. Employers unearth fit by understanding how you go about your business and who you are. Include references to your personal life on your resumé and during the interview. "Some people think life outside of work is not relevant to work ... but I would say quite the opposite, that life outside of work is in fact what gets you the job." Also, the biggest mistake in terms of high performance interviewing is to not create an interactive experience, says Danis. Don't just answer questions and match what the interviewer is asking. Engage in a real back and forth conversation.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start. Visit careerbear.com

Dress inappropriately
Most companies have a dress code and there's nothing wrong with calling ahead and asking what it is. "It's foolish to not look what I call 'one level up'… if you look one level down, you're underdressed relative to the interviewer and you've made a big mistake. If you're dressed like they are, great. If you're dressed one level up, nothing bad happens," Danis says.

Lie through your teeth
Research shows that many people lie about things such as their education, work history and credentials. In fact, education verification is one of the fastest growing segments of hiring, says Danis. "Don't lie about anything. We live in the digital age and you'll be found out — dismissed from a process."

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The In-Credibility Factor

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TURNING POINT
Teresa Kruze
life@metronews.ca

Name: James Temple
City: Toronto
Age: 29
Occupation: Corporate responsibility director at Pricewaterhouse-Coopers LLP

James Temple worked as a professional musician, sold doughnuts and hauled manure for a greenhouse. Deciding he needed a fresh start, Temple went back to school to study geographic analysis. He is now a corporate responsibility director, encouraging thousands of employees to give back and make a difference in their communities. Temple encourages employees to be a catalyst for change and to always watch the "triple bottom line" of planet, people and profit.

James Temple was named one of North America's top corporate responsibility practitioners by the Centre for Sustainability and Excellence. PROVIDED

I knew I was on my way when...

I was on stage delivering a TED talk (a non-profit organization devoted to ideas worth spreading) about how to embrace your inner "advoteer" and to help fuel a career with purpose. I was finally able to articulate how everyone's professional contributions could help address society's challenges, and how businesses could integrate social purpose, environmental sustainability, and economic integrity into their operations.

Since then I've been interviewed by Forbes.com and have presented at conferences around the world.

Action Plan

• Never compromise your values and learn alongside others by asking the right questions. Remember that good listeners earn people's respect.

• Be curious and bold because you grow most when you're uncomfortable. Harness the feeling and let it energize you.

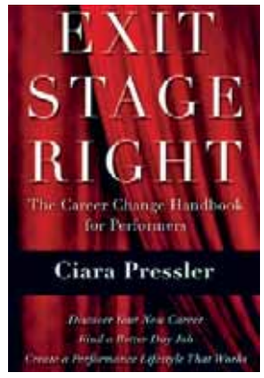
• If you think you've got your career planned out then go in the opposite direction. Remember that young rivers meander, while old streams end up going in one direction and dry up altogether.

Show must go on after career curtains close

Bow out gracefully. When the lights dim on the love you had for your job, search without a sad face

DOUG SMITH
Metro World News in New York

Making the decision to jump careers is a tough one, especially when leaving a personal passion behind. Former performer and author of Exit Stage Right: The Career Change Handbook for Performers, Ciara Pressler says: "If your dreams have changed, that's OK. It's time to find your next career passion. ... Keep evolving as a person and let your career reflect that."

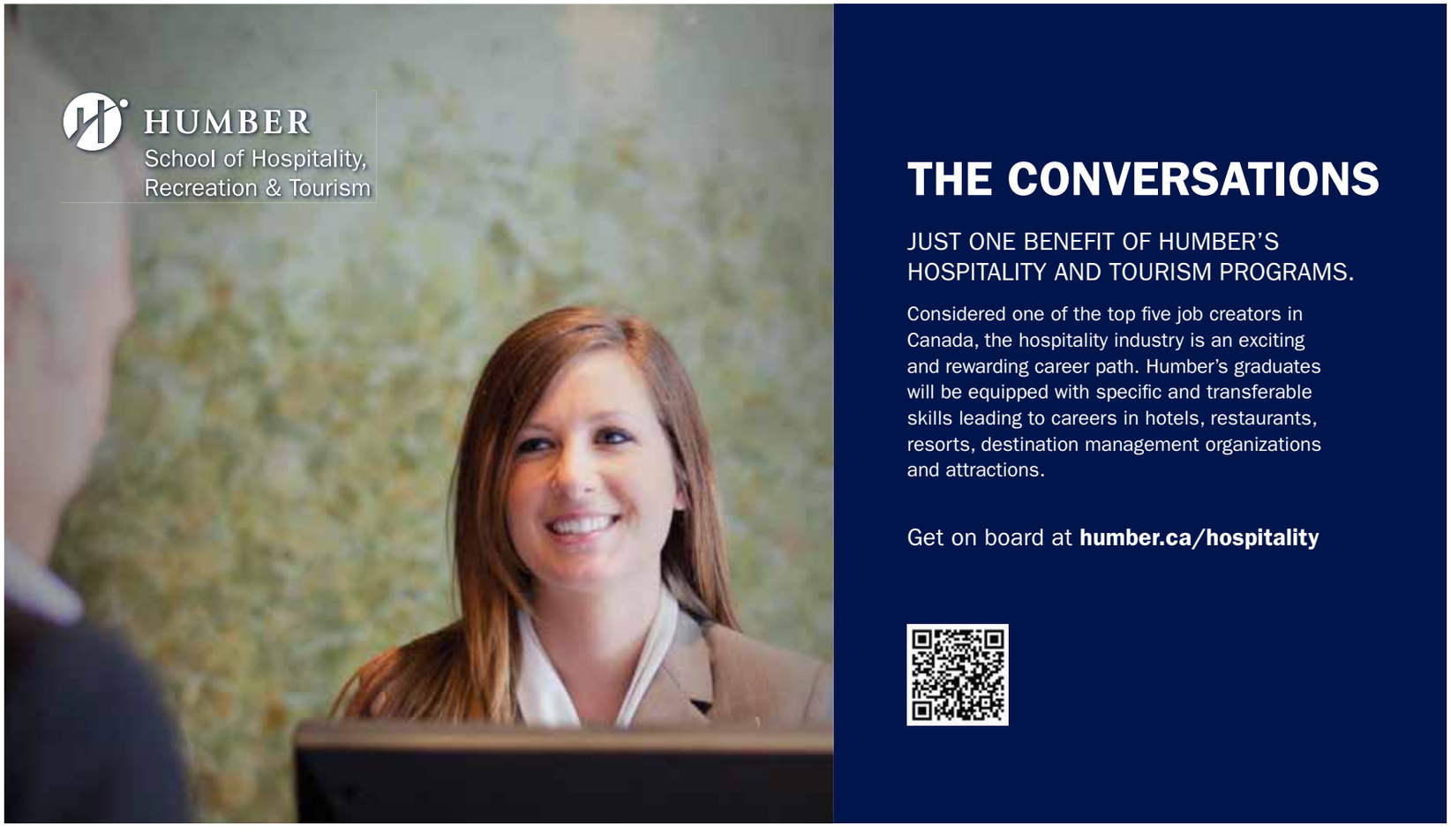


How can one mentally prepare for such a change?
The key is to be honest with yourself about what you want now, which may no longer be the exact same passion as when you started out. It seems daunting to navigate a career change, but there is a step-by-step process you can follow to move forward with less stress and more support.

What are common struggles people face when choosing to leave their career?
Performers don't realize the wealth of strengths and experience they bring to another role, even in a new industry. The skills and habits developed through performing can put you ahead of most job candidates, if you understand how to position yourself for your target job.

What are the best ways to keep engaged in your field, but not as a performer?
Engagement is a choice. Know what motivates you to stay in the game. Create short-term goals and make a decision to approach your job with the same creativity and dedication to excellence that you brought to your performing career.

What are mistakes people make in getting that first full-time job offstage?
Undervaluing themselves. It's important to establish your value through negotiating confidently, working smart over hard and maintaining a loyal network.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Get healthy

A healthy worker is a more productive worker, which is another reason to promote an active lifestyle within the office.

- Punit Dhillion is the CEO of OnocoSec Medical, and he has set up a communal bike share at the office so that people can bike to lunch.
- "I believe that being active boosts your energy levels and your mood. We adopted a policy that encourages staff to engage in physical activity during their breaks," says Dhillion. That's one way to get past that mid-afternoon caffeine crash.

Boost office morale with a little out-of-the-box thinking

Filing and smiling. Shuffling, idea sharing and keeping in shape might just result in a dream team

JULIA WEST
Metro World News in New York

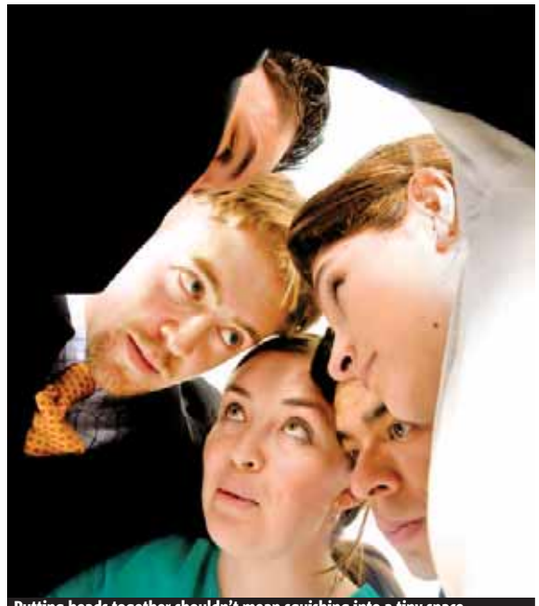
A quaint, brightly coloured plant in the corner may be one manager's idea of how to improve company morale, but we know there are more impressive moves to make. We spoke to several forward-thinking employers and learned that it takes a dash of creativity to create a more productive work environment.

Add movement

Take a look at the office layout and ask yourself if it allows space for mobility. "You don't need to add more space to mix it up — just make use of the spots that go empty for hours," says Kevin Kuske, general manager at Steelcase, a company that designs workspaces for small businesses. With a background in anthropology, Kuske focuses on turning offices into idea incubators. "In your design, truly support mobility by having a variety of work areas and addressing practical things like having power near all couches, counters and group areas."

Talk to the employees

Listen to the employees and learn what it is that they want. "I know that sounds obvious, but I am amazed how infrequently leaders ask people what would improve productivity, morale or engagement," says Rick Maurer, author of Beyond the Wall of Resistance, a book on change in the workplace. Employees are your best resource, go to them.



Putting heads together shouldn't mean squishing into a tiny space. Ensure that your employees have room to breathe. ISTOCK

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Canadians Adam Loewen, left, and Brett Lawrie walk to Blue Jays batting practice on Friday. Nine Jays left spring training on Sunday to join their national teams for the World Baseball Classic. RICK MADONIK/TORSTAR NEWS SERVICE

MLB loyalty takes back seat during WBC

Baseball. Canadian Brett Lawrie insists competitive nature of players will trump friendships

The Blue Jays heading to the World Baseball Classic this week said there has been no trash-talking or gamesmanship inside the team's clubhouse.

But as soon as the teammates-turned-rivals are in opposite dugouts you can expect the friendliness to fade.

"When it's time to go between the lines everything picks up," said third baseman Brett Lawrie, of Langley, B.C. "We're athletes, we're competitors and that will definitely be showing at the World Baseball Classic this year."

Nine Jays left Dunedin on Sunday, heading west to Phoenix or south to Puerto Rico to prepare to play games that mean something for the first time this year.

Lawrie's teammate on Canada, Adam Loewen, a native of Surrey B.C., who was signed by the Blue Jays this off-season and is expected to play in the outfield for triple-A Buffalo, said he always looks forward to wearing his country's colours.

"Canada is a very patriotic country. You can see it every year with hockey, and that's Canada's game, and I think baseball is right behind there," he said. "Fans back home want to see us make them proud, so we're not only playing for the guys on our team but our whole country."

TORSTAR NEWS SERVICE

Phillies beat Jays

Howard in fine form

At least for the early part of spring training, Ryan Howard is showing his pre-injury form.

Howard hit a go-ahead, three-run homer off Brett Cecil that cleared the back fence and went out of Bright House Field, helping a Philadelphia Phillies' split squad beat the Toronto Blue Jays 13-5 Sunday in Clearwater, Fla.

"He's starting to get his legs under him," manager Charlie Manuel said. "He's getting his stroke."

Jose Bautista and Mark DeRosa homered for the Blue Jays. THE ASSOCIATED PRESS

NHL. Kane cans winner as Hawks' streak continues

Patrick Kane scored with two minutes left in regulation Sunday to extend Chicago's season-opening point streak to 22 games. DUANE BURLESON/THE ASSOCIATED PRESS

Patrick Kane had a couple shots that simply could not be stopped.

Just like the Chicago Blackhawks.

Chicago extended its NHL-record season-opening points streak to 22 games Sunday when Kane scored the tying goal on a power play with 2:02 left in regulation and the Blackhawks earned an extra point when the forward scored the only goal in a shootout of a 2-1 win over the Detroit Red Wings.

"Just amazing what's going on," Kane said.

Corey Crawford was perfect in the shootout and finished with 32 saves to help Chicago win a ninth straight game.

The Blackhawks have earned at least a point in 28 straight games dating back to last season to tie the second-longest streak in league history. They've matched Montreal's multi-season points run from the 1977-78 season and trail Philadelphia's streak of 35 straight games with at least a point during the 1979-80 season. THE ASSOCIATED PRESS

NFL

Female kicker tries out for Jets

Lauren Silberman's NFL tryout lasted all of two kicks, neither of which travelled 20 yards.

Silberman, 28, became the first woman to compete at an NFL regional scouting combine on Sunday, but left the New York Jets' practice field after re-injuring her quadriceps. She tried two kickoffs, the first going 19 yards and the second about 13 yards, and then asked to see a trainer.

Lauren Silberman
THE ASSOCIATED PRESS

The former collegiate soccer player was examined off to the side of the practice field. About 30 minutes later, while 36 other kickers continued their workouts, she called the scene "surreal" and thanked the NFL for "this tremendous opportunity."

THE ASSOCIATED PRESS

Golf

Thompson trumps Honda Classic field

On a long, hard day at the Honda Classic, Michael Thompson relied on a superb short game to win for the first time on the PGA Tour.

Thompson seized control with a 50-foot eagle putt on the third hole, then kept his distance with clutch par saves. It gave him a 1-under 69 and a two-shot win over Geoff Ogilvy.

"This week was magical," Thompson said. "Just had a groove and kept feeling it."

THE ASSOCIATED PRESS

MLB

Villarreal's family unharmed in kidnapping attempt

The Detroit Tigers say reliever Brayan Villarreal is not expected to leave spring training after his family escaped unharmed from a kidnapping attempt in Venezuela on Friday night.

Villarreal has remained with the team. Manager Jim Leyland did not want to comment further, saying Sunday: "The less said, the better." THE ASSOCIATED PRESS

Rumours heat up around Komisarek

NHL. High-priced Leafs blue-liner has been healthy scratch of late

Mike Komisarek skates at Leafs practice on Jan. 17.
DAVID COOPER/TORSTAR NEWS SERVICE

Mike Komisarek didn't deny reports that he has requested a trade out of Toronto.

However, the veteran defenceman, who has played just four games this season, simply said such talk has no substance.

"It must be a slow news day," he said after Maple Leafs practice on Sunday.

The Leafs are obviously entertaining their options with Komisarek and fellow veteran defenceman John-Michael Liles, both of whom are stranded as healthy scratches.

The club is playing mostly solid hockey under coach Randy Carlyle, and players like Cody Franson, Mark Fraser and Mike Kostka have sewn up jobs and helped the Leafs make strides in cutting down goals against, protecting goalies and overall team defensive play.

Toronto is also considering Matt Frattin's return from injury for Monday's game against New Jersey, but it may have to make a roster move on the blue-line to accommodate him.

Komisarek has a no-movement clause in his contract, and his $4.5 million US salary makes it difficult to move him.

Rumours have swirled for more than a week now indicating he either wants out or that some NHL teams in need of defensive help are willing to take on his contract (the Leafs would share some of it, under guidelines in the new CBA).

Twitter reports surfaced Saturday night saying St. Louis has interest. Earlier, the Dallas Stars were said to also have interest.

"I won't comment on those types of unsubstantiated (reports)," Komisarek said. "I understand it's part of the business but I'm not sure where you guys (media) get your information from."

TORSTAR NEWS SERVICE

Quoted

"You want to contribute, of course. You don't want to be a passenger."

Leafs defenceman Mike Komisarek who has been a healthy scratch since Feb. 2.

AHL

Marlies handle Sens in shootout

Marlies head coach Dallas Eakins doesn't mind making tough choices when it comes to who he'll start in goal for each game.

Drew MacIntyre made 28 saves while Ryan Hamilton and Joe Colborne each scored shootout goals as Toronto beat the Binghamton Senators 2-1 in AHL action Sunday afternoon.

It was MacIntyre's third win in five games since being signed by the Marlies on Feb. 13. Toronto also has Mark Owuya and Jussi Rynnas as options in goal.

"Absolutely ... we love difficult decisions," said Eakins. "No one wants to make the easy ones. We want these players pushing each other and (MacIntyre's) come in and done that and definitely start the conversation."

Out of five Senators players, MacIntyre faced in the shootout, Dustin Gazley was the only one who managed to beat him. He made a glove save off the Senators' final shooter Cole Schneider.

"As a goalie you take that personally when you lose in a shootout," said MacIntyre, who gave an emphatic fist-pump after stopping Schneider's shot for the win. "When it got to the shootout I really wanted it. It was how you get the win."

THE CANADIAN PRESS

Heat keep win streak alive

Heat forward LeBron James goes up for a layup in front of Knicks forward Carmelo Anthony and guard J.R. Smith on Sunday at Madison Square Garden. James had 29 points, 11 rebounds and seven assists and Miami tied a franchise record with its 14th straight victory, rallying for a 99-93 victory in New York. KATHY WILLENS/THE ASSOCIATED PRESS

NBA

Thunder top Clippers in L.A.

Kevin Durant scored 35 points, Russell Westbrook had 29 points and 10 assists, and Oklahoma City held off a late rally by the Los Angeles Clippers to win 108-104 on Sunday in a matchup of two of the West's best teams.

Serge Ibaka added 16 points as the Thunder ended a three-game road skid.

Chris Paul scored 26 points and Blake Griffin and Jamal Crawford added 20 apiece for the Clippers, whose four-game winning streak ended.

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Horoscopes

♈ Aries
March 21 - April 20
If someone provokes you today your instinct will be to hit back fast and hard, but it would be better if you control yourself. The planets indicate that revenge is unnecessary. Rivals and enemies will self-destruct soon enough.

♉ Taurus
April 21 - May 21
You know that appearances can be deceptive, so don't jump to conclusions today. With Venus, your ruler, at right angles to Jupiter you may get completely the wrong end of the stick, with less than enjoyable results.

♊ Gemini
May 22 - June 21
There are times when you must look out for Number One and this is one of them. If you allow yourself to be taken in by a sob story today you will surely regret it later.

♋ Cancer
June 22 - July 23
You may have bitten off more than you can chew but it's no big deal. As the Sun edges closer to the midheaven angle of your chart you need to be a bit more adventurous.

♌ Leo
July 24 - Aug. 23
Decide what is of most importance to you personally and focus all your energy on that one thing. Others may say you are being selfish, and maybe you are, but since when has that been a crime?

♍ Virgo
Aug. 24 - Sept. 23
Are you happy with the way your life is going? If not you must do something about it. A big wave of change is coming and if you are ready, you can ride it to success.

♎ Libra
Sept. 24 - Oct. 23
You may get quite upset today, especially if you see some sort of injustice taking place. But don't get too emotional because your job is to find a practical solution.

♏ Scorpio
Oct. 24 - Nov. 22
The planets warn you should be on your guard, especially when dealing with business and financial matters. If someone sees that you want something badly enough they will push up the price.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't change things when you don't have to. With Jupiter, your ruler, so active at the moment all you have to do is be yourself and keep doing what you already do so well. You're on the cusp of success already.

♑ Capricorn
Dec. 22 - Jan. 20
There are things going on behind the scenes that are going to affect you in a big way over the next few weeks. For that reason alone you must not commit yourself.

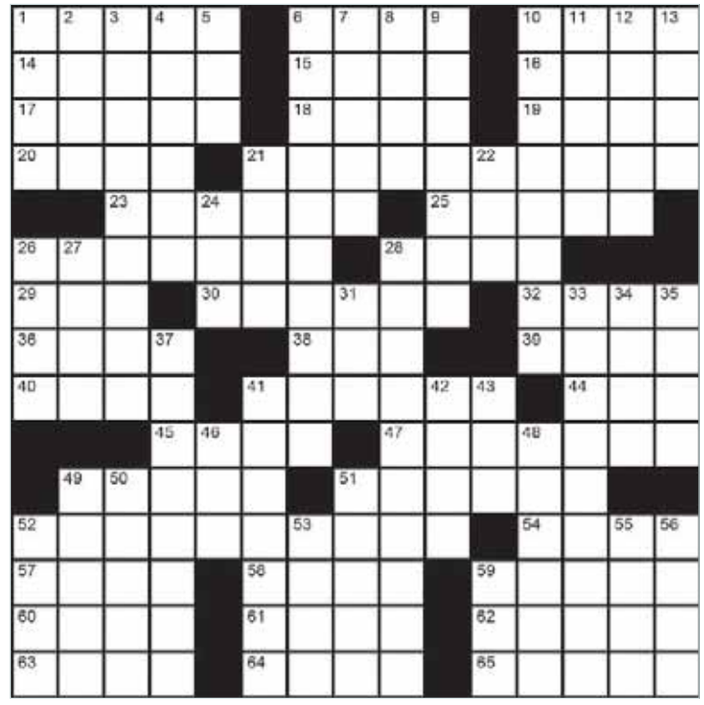
♒ Aquarius
Jan. 21 - Feb. 19
However anxious you may be about a certain situation there is no need to change what you are doing. Time is on your side and Lady Luck will sooner or later act in your favor.

♓ Pisces
Feb. 20 - March 20
Be careful when dealing with employers, authority figures and other important people over the next few days. You may want to impress them but what you don't want to do is come across as desperate.

SALLY BROMPTON

Crossword: Canada Across and Down

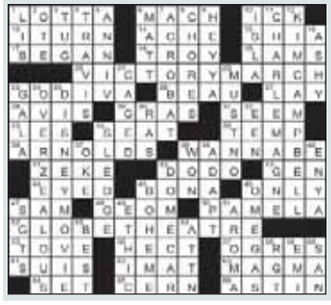
BY KELLY ANN BUCHANAN



Across
1. TD Canada __
6. 007, et al.
10. "Bud the __" (Song by #9-Down)
14. Weight unit
15. "Cast Away" (2000) transport
16. Ice cream __
17. Use the towel again
18. Farewell, in Rome
19. "__ boy!" (Well done)
20. 'Chick' suffix
21. Pre-Harper Prime Minister: 2 wds.
23. Quebec's Lachine __
25. Life sign
26. Take the train or bus
28. Abundant
29. Kimono sash
30. Located in Nunavut, it's Canada's largest island
32. Colourful plastic parts on binder separators
36. Negative replies in Montreal
38. Elles opposites
39. Missing-a-member quartet
40. Ooze
41. __ Social Scene
44. Make long grass short
45. Cosmetic cream content
47. Red Rose products: 2 wds.
49. Jeans fabric
51. Like many chips
52. Marvel products: 2 wds.
54. Some pol. party members
57. Mayberry kid of '60s TV
58. "If all __ fails..."
59. Ms. Roberts
60. Pell-__ (In haste)
61. "__ Window" (1954)
62. Luminous
63. Barack Obama's li'l title
64. Items on a landscaper's truck
65. Slammers in England

Down
1. When tripled, war movie of 1970!
2. Repented
3. Sabotage
4. Horror flick franchise
5. Scottish writer, Josephine __
6. "Rebellion (Lies)" band from Montreal: 2 wds.
7. __ Julius Caesar
8. Frying pan name, _-__
9. Canadian music legend, __' Tom Connors
10. Gone with the Wind protagonist
11. Paul who famously sang "Nessun Dorma"
12. Free from knots
13. Hollywood icon James
21. Pocket bread
22. Montreal musician, Melissa __ der Maur
24. "Coronation Street" hangout
26. Jailbirds
27. Double-reed woodwind
28. Adrenaline junkies: 2 wds.
31. Rapper, __ Rida
33. Plated burrowing mammal
34. Book genre, for short
35. Plants seeds
37. Cocker and Springer
41. Winnipeg Blue __
42. Tube-shaped fishies
43. Singer/pianist, __ King Cole
46. Driver's need, for short
48. Kind of whale
49. Steroids-using athlete
50. Actor Mr. Hirsch
51. "What a pity.": 2 wds.
52. Free pass, commonly
53. Margarine
55. Sci. class
56. Carpentry tools
59. Series Toronto-born actor David James Elliott starred on

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		6	9	8		2	
4								8
		1				5		
5	1		9		3		8	4
				2				
8	9		1		4		6	7
		3				8		
7								9
	4		7	8	1		5	

Friday's Sudoku

9	1	4	5	7	2	3	6	8
5	3	8	9	4	6	2	1	7
7	6	2	3	1	8	5	4	9
8	2	3	7	5	1	4	9	6
1	4	9	8	6	3	7	5	2
6	5	7	4	2	9	1	8	3
2	8	5	1	9	7	6	3	4
4	9	6	2	3	5	8	7	1
3	7	1	6	8	4	9	2	5

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-2°/-8°
Variable

Tuesday
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Variable

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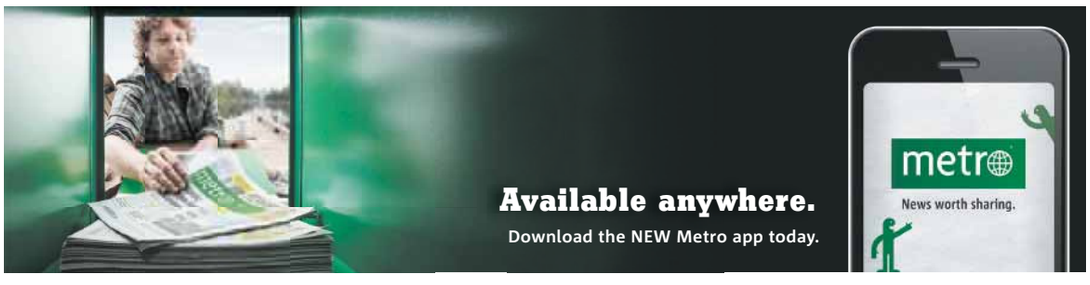

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